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**Wednesday's
Jackpot**



Champs!

Winner scored with one-tenth of a second left in the third as the Knights give London fans another OHL title

SEE STORY ON PAGES 4 & 5

Bad drivers beware

London police are ramping up traffic enforcement as part of Canada Road Safety Week 2013

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A musical star in the skies

Astronaut Chris Hadfield bowed out of the International Space Station with a musical video: his own custom version of David Bowie's Space Oddity

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H&M backs Bangladesh safety accord

The Swedish fashion retailer says it will sign up to a legally binding fire and building safety plan drawn up by unions in Bangladesh

PAGE 9

A balance of flavours

A tossed salad can mix the sweetness of ripe mangoes with staple Mediterranean items

PAGE 15



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Mother's Day?

Son accused of stabbing mom

A 17-year-old Londoner has been charged with attempted murder after allegedly stabbing his mother multiple times.

The teen was arrested shortly after police were called to an apartment at 389 Dundas St. about 3:15 a.m. Monday, police said. His name has not been released because he is a youth.

The 54-year-old victim, a Windsor resident, was in serious but stable condition Monday afternoon in hospital. A large kitchen knife believed to have been used in the stabbing was taken into evidence, police said.

Officers were called to the apartment after the people who live there were awakened by the victim's screams, police said.

The victim and suspect were visitors, police said.

Along with attempted murder, the 17-year-old has been charged with assault with a weapon. **METRO**

133 kilos

Drug drop-off nets big load

A hefty 133 kilograms worth of drugs were collected in London during Saturday's Prescription Drop-Off Day.

London police worked with a variety of other agencies, offering people a chance to turn in unwanted or expired medicine.

Among the drugs turned in were Tylenol 3, oxycodone, fentanyl, Percocet, Robaxinal and Adderall.

The oldest medication handed over was from 1985. **METRO**



An undercover police officer walks the median at Richmond and Oxford streets on Monday looking for people violating traffic rules. The officer was radioing suspected violations to officers in four police cruisers who were waiting to track down offenders. MARK SPOWART/FOR METRO

Cops celebrating the long weekend with OT

Canada Road Safety Week. London police get early start on Victoria Day blitz

MARK SPOWART
london@metronews.ca

If you break the law while driving, there's a better chance you'll be caught this week.

London police are ramping up traffic enforcement as part of Canada Road Safety Week 2013.

Sgt. Ryan Scrivens, from the department's traffic-management unit, said the enhanced surveillance will include both marked and unmarked police cars along with undercover officers.

"We will be targeting those specific behaviours that cause the most death on our roads," Scrivens said. "They include those who choose to drive aggressively, talk and text while they drive, drive under the influence of alcohol and drivers and passengers (who choose) to not wear a seatbelt."

The blitz kicked off Mon-

Monday tickets

60-plus

Number of tickets issued Monday during the first two hours of road safety blitz. The majority were for seatbelt violations and using a cellphone while driving.

day and will run through the end of Victoria Day weekend.

In some cases, undercover officers will be posted at major intersections, walking along the centre median, recording infractions and noti-

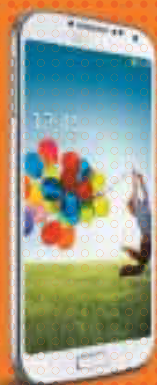
fying other officers who will stop suspected violators and issue tickets.

Numerous R.I.D.E. programs are also planned.

"You are 23 times more likely to be involved in a collision if you are talking or texting while driving," said Scrivens, adding "individuals who wear a seatbelt are nearly 50 per cent more likely to avoid serious injury or death if involved in an accident."

The fine for texting or talking on a cellphone while driving is \$125. The penalty for driving without a seatbelt is \$200.

1 NEWS



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2012-13

A season to remember

An Ontario Hockey League hockey season is always long and winding.

Especially so when you consider the 2012-13 London Knights squad competed in its 89th game on Monday. Starting with Sept. 21's regular season opener and ending with Game 7 of the OHL championship series, it's been a nearly seven-month ride with lots of highs and a few lows.

Here's Metro picks for the Top 5 moments:

- **May 11 vs. the Barrie Colts:** Sitting comfy at 4-0 with 15 minutes left in Game 6 in the OHL final, the Knights collapse by allowing Barrie to tie the game, 4-4, with 25 seconds remaining. But, only 1:30 into overtime, Max Domi feeds a cross-crease pass to Ryan Rupert for the game-winner. The heroic tally pushes the series to a seventh and deciding game.

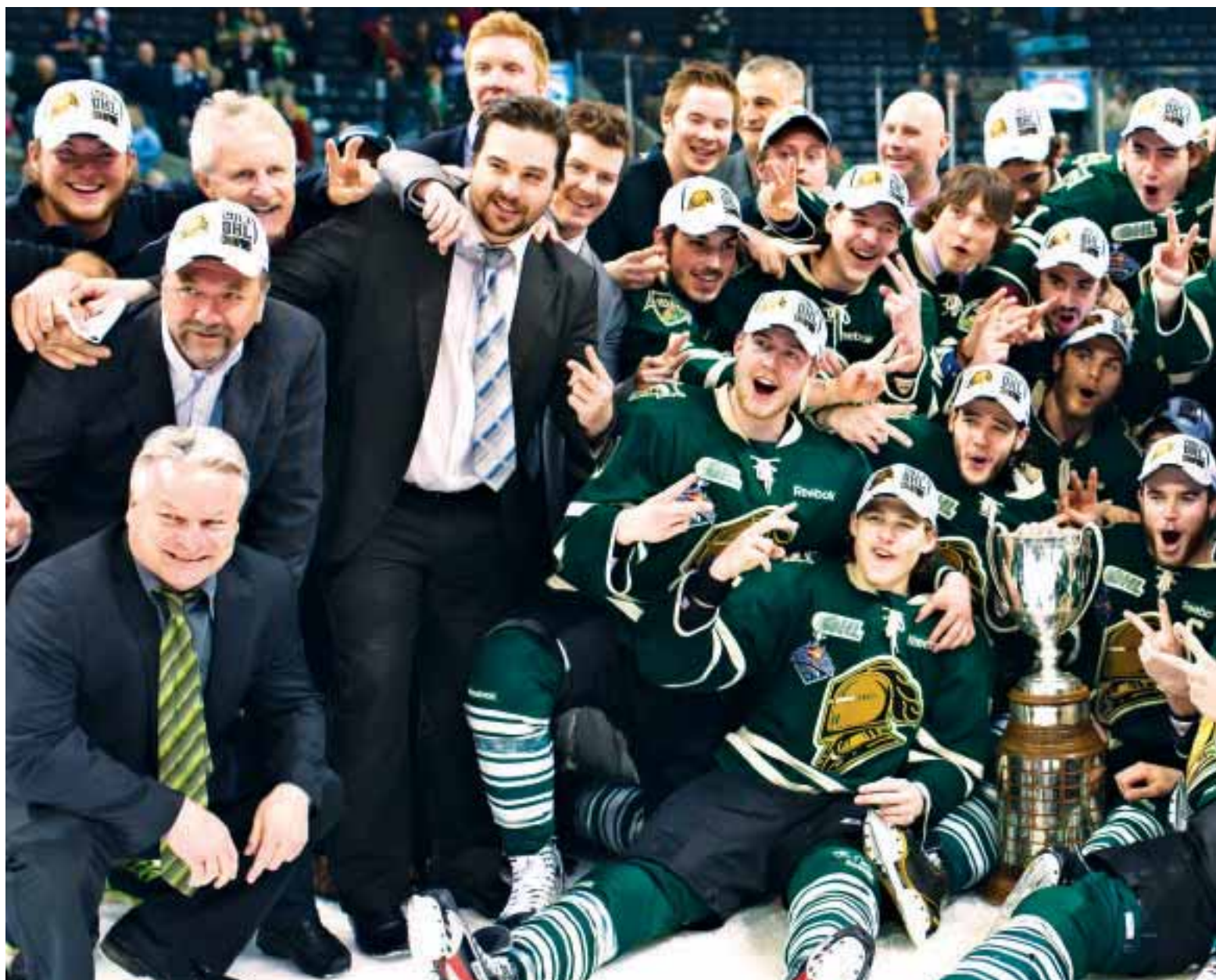
- **April 26 vs. the Plymouth Whalers:** Fighting off a resilient Plymouth team that just wouldn't go away on the road, perennial Knights hero Domi pots the 5-4 winner 20 seconds into OT. The dramatic finish, foregone by four consecutive goals from Plymouth in the final 40 minutes, capped off a stressful, yet ultimately joyful, night for the Budweiser Gardens faithful.

- **Dec. 14 vs. the Owen Sound Attack:** On Teddy bear toss night, the Knights extend its epic winning streak to 19 games via a 3-2 victory over Owen Sound. A new franchise benchmark is set when Seth Griffith scores in extra time. The glorious streak lasted 24 games, only a single win shy of the OHL record.

- **Dec. 2 vs. the Mississauga Steelheads:** After allowing Mississauga to climb back into the game, the Knights come through in the shootout, winning 4-3. The 19-round shootout, finally ending on Griffith's second attempt, is the longest in league history. London goalie Kevin Bailie made 13 saves in the marathon, surely the hardest he's ever worked to win a hockey game.

- **Nov. 15 vs. the Oshawa Generals:** Down 3-0 to Oshawa to start the third period, the Knights mount a dramatic comeback and emerge victorious, 4-3. Griffith completes the largest comeback of the season with a goal in overtime.

JOHN MATISZ/METRO



The 2012-13 London Knights gather around the J. Ross Robertson Cup after Monday's Game 7 win at Budweiser Gardens. MARK SPOWART/FOR METRO

KNIGHTS FIGHT,

OHL champs. Become just the third team ever to overcome a 3-1 series deficit



JOHN MATISZ
john.matisz@metronews.ca

Try to write a better script than that.

Yep. Impossible.

Eighteen-year-old Bo Horvat, heart and soul of the London Knights, banged home the OHL title-winning goal Mon-

day with less than a second remaining in the last game of the season.

The Knights, previously trailing the Barrie Colts 3-1 in the 2013 championship series, won Game 7, 3-2, in perhaps the most dramatic ending to an Ontario Hockey League final ever.

"I knew it was in right away," said Horvat, who scored the opening goal, too. "It looked a little iffy, but I had a good feeling it was in."

The on-ice officials originally waved off the heart-stopping marker as 0.1 seconds remained on the game clock.

Quoted

"It's a real honour to be MVP. There's a lot of great names on that list. For me to be on it, it's unbelievable."

Knights forward Bo Horvat on claiming the Wayne Gretzky Trophy.

After a video review, though, the Knights — along with 9,046-strong at Budweiser Gardens — erupted into celebration.

And now, for the first time in franchise history, the J. Ross Robertson Cup lives in the For-est City two years in a row.

"When the ref pointed that

it was a goal, it was unbelievable," netminder Jake Patterson, who made 30 saves in the victory, said.

"I was kind of just praying," captain Scott Harrington added. "The longer it took, the more likely it would be a goal. And there it was."

The Knights were on the

brink of elimination three times in the best-of-seven final. They bent but didn't break, managing to somehow, somehow pull out a remarkable comeback. They gave up large in-game leads — the biggest being a four-goal cushion in Game 6 — yet managed to get the job done in the deciding match.

Monday, head coach Dale Hunter wouldn't let his team crumble. Not this time.

"He just said we kind of had to pick it up a bit," Harrington said of what Hunter lectured the team about in an early third period timeout.



National level

OHL champs have done well (but not always great) at Memorial Cup

A look back at recent history shows capturing the OHL crown does not secure success at the Canadian Hockey League championship — also known as the Memorial Cup tournament.

Here's how the last five OHL champs fared on the national stage:

- **London Knights in 2012:** The overachieving Knights made it all the way to the Cup's championship game in Shawinigan, Que. The host team took them down, however, sending the hockey-mad city into hysteria following a goal from Shawinigan's Anton Zlobin at 17:51 of the first overtime.

- **Owen Sound Attack in 2011:** Since the Cup was being hosted by the Mississauga St. Michael's Majors (now called the Steelheads), Owen Sound entered the tournament as the second OHL team. With the powerhouse Saint John Sea Dogs in attendance, nobody predicted an all-Ontario championship game. It happened, though, with the Majors winning 3-1 over the Attack.

- **Windsor Spitfires in 2010:** Out west in Brandon, Man., the Spitfires cruised to a second straight Cup by keeping their foot on the gas pedal. It wasn't even close; the OHL's rep outscored opponents 19-8 in three round-robin matches prior to a dominating 9-1 championship game win over the host squad.

- **Windsor Spitfires in 2009:** Armed with a 57-win regular season and household names like Ryan Ellis and Taylor Hall, the Spitfires squeaked by the Drummondville Voltigeurs in the Cup's semifinal. In the championship game, the Kelowna Rockets couldn't muster up a strong defence, leading to a 4-1 Spitfires victory.

- **Kitchener Rangers in 2008:** The Rangers earned their spot in the Cup, despite being automatically included as the host. They beat the Belleville Bulls in the OHL final. And then, in the Cup semi-final, crushed the Bulls 9-0. The championship game versus the Spokane Chiefs, however, was a different story. The Rangers lost 4-1.

JOHN MATISZ/METRO

Do-or-die final forces London ticket scramble

When John Cox bought a ticket for Game 5 of the London Knights-Barrie Colts series, he didn't give a second thought to reserving a seat for Game 7.

He, like about 25 other fans lined up outside Budweiser Gardens on Monday morning, was pretty sure a do-or-die final wasn't in the works for the OHL championship.

Cox, of course, was wrong. "Now, I'm kicking myself," he said as he waited for one of about 30 tickets released at 10 a.m.

Only a few lucky people — Cox not included — got their hands on seats nine hours before the puck drop.

Mike Firmin, the first in line outside the box office at 8:53 a.m., was one of them, snagging two tickets.

A home-game regular during the Knights' playoff run, Firmin, 33, of London, wasn't about to let the last game slip away without making an effort to be there.

For him, the appeal of watching from the upper bowl could be summed up in one word: Atmosphere.

"It's that electric charge," he said about rubbing elbows with the sell-out crowd. Besides, "if I was at my place (watching), I'd probably be called for a noise violation." ANGELA MULLINS/METRO

REPEAT

"We weren't sitting back but they were coming hard, so we wanted to make sure we were coming just as hard."

With a 2-1 lead and 20 minutes to play, advancing to the 2013 Memorial Cup in Saskatoon looked like a breeze to London. Then, the Colts drew even at 2-2.

It took a diving goalline stop by Horvat at 13:02 — Patterson was pinned near the post by a teammate — to survive a late-game flurry from Barrie.

Colts forward and Londoner Josh MacDonald even smoked the Knights crossbar

MVP stats

Playoff MVP Bo Horvat's body of work in the 2013 OHL playoffs:

- 21 games
- 16 goals

- 3 game-winning goals (all in OHL final)
- 3 short-handed goals (two came in one shift)
- 23 total points

at the two-minute mark.

Then came the unlikely finale.

"I wasn't aware how much time was left," said Alex Broadhurst, the London forward who kept the puck in Barrie's end with five seconds remain-

ing, "and I just pinched on the boards, saw (Seth Griffith) going to the net, tried to pass it to him, and it went off their guy's stick and Bo buried."

"Lucky goal," Broadhurst added, wide-eyed and in a state of jubilation.



Mike Firmin, 33, of London, shows off tickets for Monday night's OHL championship final. He snagged two seats in the Budweiser Gardens upper bowl hours before Game 7 started. MARK SPOWART/FOR METRO



Canadian astronaut Chris Hadfield plays in the first music video from space, a cover of David Bowie's Space Oddity. CHRIS HADFIELD, NASA/THE ASSOCIATED PRESS

Singing spaceman sets sail for home

Earthbound. Astronaut Chris Hadfield puts out first music video made in space prior to return

In a high-flying, perfectly pitched first, Canadian astronaut Chris Hadfield bowed out of orbit with a music video: his own custom version of David Bowie's Space Oddity.

It's believed to be the first music video made in space, according to NASA.

The Sarnia, Ont.-born Hadfield posted his farewell just before his departure from the International Space Station, concluding a five-month mission where his use of multimedia tools earned him an international audience.

His return aboard a Russian Soyuz capsule, along with American Thomas Marshburn and Russian Roman Romanenko, was set for Monday in Kazakhstan at 10:30 p.m. EDT.

"It's just been an extremely fulfilling and amazing experience end to end," Hadfield, 53, told Mission Control on Monday.

Hadfield, an engineer and former test pilot from Milton, Ont., became the first Canadian in charge of a spacecraft.

He also became a media darling on this trip, his third to space.

He published hundreds of photos of Earth; gained more than 850,000 Twitter followers; talked to schoolchildren; and provided videos about daily life on the orbiting lab.

Even before releasing his Bowie cover, he had shown off his musical skills in recent months. He sang often in orbit and even took part in a live Canadian coast-to-coast concert in February.

While Hadfield will be remembered most for the photography and music, his main task in space was performing over 100 science experiments. In those experiments, he examined changes to the spine, bone density and nutrition in space.

This trip is, in a sense, the end of an era for the Canadian space program. Once Hadfield lands, it will be at least three years before the next Canadian astronaut visits the space station.

THE ASSOCIATED PRESS

Learn more

For the latest on his return to planet Earth, head to metronews.ca.



Online

A bitter-tweet goodbye



TWITTER SCREEN GRAB

By the numbers

850K Chris Hadfield has more than 850,000 Twitter followers.

5,330 In 1992, Hadfield was selected to become one of four new Canadian astronauts from a field of 5,330 applicants.

100 Hadfield was involved in more than 100 science experiments since he arrived on Dec. 19.

5 On March 13, Hadfield became the first Canadian to command the space station during the last part of his five-month stay.

Rehtaeh Parsons. Goals, methods set for review of school board's actions

The panellists reviewing how the Halifax Regional School Board handled the Rehtaeh Parsons case said they will not "name names" but hope to make policy recommendations to "prevent something like this from ever happening again."

Panellists Debra Pepler and Penny Milton released the interim report Monday, which outlines their methods and goals for the review.

Parsons, 17, took her own life in early April, two years after she was allegedly gang-raped and then bullied over a photo of the incident.

Milton said the panel will attempt to answer 10 questions related to policies, training and guidelines respecting bullying, cyberbullying and sexual violence.

In order for people to be as open as possible, all interviews will be anonymous.

"We ... (are) looking at the



Rehtaeh Parsons FACEBOOK

issues from all the different vantage points ... and we want to hear the complexity of their experience," said Milton, a former CEO of the Canadian Education Association.

The review will not establish the facts of Parson's case because of the current police investigation.

"That's not the core of our mandate," Milton said.

HALEY RYAN/METRO IN HALIFAX

Depression. Doctors told regular screening may do more harm than good

Family doctors are being advised against routine screening for depression among patients who have an average risk of the mental health disorder or no apparent symptoms.

The Canadian Task Force on Preventive Health Care issued the updated guideline Monday, saying there is little evidence in the medical literature to support routine screening of all patients and suggesting it could do harm in some cases.

Dr. Michel Joffres, chair of the task force's depression-

Benefit not proven

"The task force places a high value on clear evidence — and we don't have it."

Dr. Michel Joffres of the Canadian Task Force on Preventive Health Care and professor of health sciences at Simon Fraser University

guideline working group, said mass screening could lead to patients feeling stigmatized or labelled, and some being misdiagnosed and unnecessarily treated. THE CANADIAN PRESS

Beheaded, ate victim

Greyhound killer set for more liberty

A man who beheaded and cannibalized a man on a Greyhound bus in Manitoba is likely to get more privileges soon — something his victim's mother says should never happen.

Vince Li, 45, has stopped having hallucinations, has been a model patient and is ready for more escorted passes into the community, his psychiatrist said Monday. THE CANADIAN PRESS

Immune to antibiotics

Rate of superbugs 'substantial': Study

About one in 12 adults in hospitals across Canada are either carrying or infected with a superbug, the first national survey on the prevalence of antibiotic-resistant organisms has found.

Canada has a lower prevalence of cases than the U.S., but the rates exceed those in such countries as Sweden and Denmark. THE CANADIAN PRESS

Colorado shootings. Holmes asks for insanity plea

The suspect in the deadly Colorado cinema shootings asked a judge Monday to enter a plea of not guilty by reason of insanity, a move that is widely seen as James Holmes' best hope of avoiding the death penalty.

Holmes is charged with murder and attempted murder in the July 20 attack in Aurora that killed 12 and injured 70.

Attorney Daniel King made the request in court, saying attorneys now have a diagnosis for James Holmes. He didn't specify what it was.

The judge was expected to decide whether to accept a new plea sometime

Life and death

The insanity plea carries risks for both sides.

- Holmes will have to submit to a mental evaluation by state-employed doctors, and prosecutors can use findings against him. If acquitted, Holmes would be committed to the state mental hospital indefinitely.

before a May 31 hearing.
THE ASSOCIATED PRESS

Airport arrest

Pressure cooker was for lamb, nephew says

The nephew of a Saudi man arrested at Detroit Metropolitan Airport says the case is a misunderstanding, and that his uncle was bringing him a pressure cooker so he

could make lamb.

Nasser Almarzooq told The Associated Press on Monday that he'd asked his uncle, Hussain Al Khawahir, to bring him a pressure cooker because the ones he bought in the U.S. didn't work.

Two pressure cookers were used in last month's Boston Marathon bombings. THE ASSOCIATED PRESS

'Are you human?': Abortion doctor found guilty of murder



Dr. Kermit Gosnell, pictured here in a March 2010 photo, was found guilty on Monday of killing three infants born alive during late-term abortions at his Philadelphia clinic. THE ASSOCIATED PRESS FILE

House of horrors.

Dr. Kermit Gosnell may face death penalty

A Philadelphia abortion doctor was found guilty Monday of first-degree murder and could face execution in the deaths of three babies who authorities say were delivered alive and then killed with scissors at his grimy clinic, in a case that became a flashpoint in America's debate over abortion.

Dr. Kermit Gosnell, 72, was also found guilty of involuntary manslaughter in the drug-overdose death of a patient who had

undergone an abortion.

He was cleared in the death of a fourth baby, who prosecutors say let out a soft whimper before he snipped its neck. The jury will return May 21 to hear evidence on whether Gosnell should get the death penalty.

Former clinic employees testified that Gosnell routinely performed illegal late-term abortions past Pennsylvania's 24-week limit, that he delivered babies who were still moving, whimpering or breathing, and that he and his assistants "snipped" the newborns' spines, as he referred to it.

"Are you human?" prosecutor Ed Cameron snarled during closing arguments as Gosnell sat calmly at the defence table. "To med these women up and stick knives in the backs of babies?"

The grisly details came out more than two years ago during an investigation of prescription drug trafficking at Gosnell's clinic in an impoverished section of west Philadelphia.

THE ASSOCIATED PRESS

Grisly details

"He created an assembly line with no regard for these women whatsoever."

Prosecutor Ed Cameron, on abortion doctor Kermit Gosnell during the trial's closing arguments.



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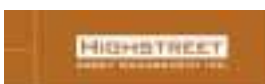
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Sometimes the answer to business success is a question...

metronews.ca
Tuesday, May 14, 2013

BUSINESS

09

Brazil's booming auto market rife with unsafe cars

Sao Paulo. Thousands die yearly in accidents that frequently should not have proven fatal

The cars roll endlessly off the local assembly lines of the industry's biggest automakers, more than 10,000 a day, into the eager hands of Brazil's new middle class. The shiny new Fords, Fiats, and Chevrolets tell the tale of an economy in full bloom that now boasts the fourth largest auto market in the world.

What happens once those vehicles hit the streets, however, is shaping up as a national tragedy, experts say, with thousands of Brazilians dying every year in auto accidents that in



This 2011 photo released by Proteste, a consumer defence group, shows a crash test on a Chevrolet Celta vehicle in Brazil. PROTESTE/THE ASSOCIATED PRESS

many cases shouldn't have proven fatal.

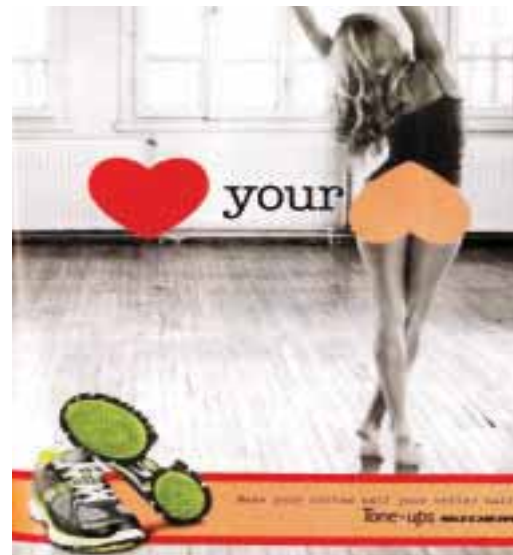
The culprits are the cars themselves, produced with weaker welds, scant safety features and inferior materials compared to similar models manufactured for U.S. and European consumers, say experts and engineers inside the

industry. Four of Brazil's five bestselling cars failed their independent crash tests.

Unsafe cars, coupled with the South American nation's often dangerous driving conditions, have resulted in a Brazilian death rate from passenger car accidents that is nearly four times that of the United States, according to an Associated Press analysis of Brazilian Health Ministry data on deaths compared to the size of each country's car fleet.

In fact, the two countries are moving in opposite directions on survival rates — the U.S. recorded 40 per cent fewer fatalities from car wrecks in 2010 compared with a decade before. In Brazil, the number killed rose 72 per cent, according to the latest available data.

THE ASSOCIATED PRESS



Sketchy claims cost \$40M

A federal judge in the U.S. has approved a \$40 million US class-action settlement between Skechers USA Inc. and consumers who bought toning shoes after ads — such as the one pictured above — made unfounded claims that the footwear would help people lose weight and strengthen muscles. U.S. District Judge Thomas B. Russell approved the deal Monday in Louisville, Ky. The agreement involves the company's Shape-ups, Resistance Runner, Pod-ded Sole and Tone-ups shoes. FEDERAL TRADE COMMISSION/THE ASSOCIATED PRESS

Florida

BlackBerry Live kicks off in Orlando

BlackBerry will pull out all the stops this week as the firm welcomes thousands of industry players for BlackBerry Live, its annual three-day conference. CEO Thorsten Heins will take the stage Tuesday to deliver a speech that could reveal a lower-priced version of its latest phone and some clues about whether the company plans to abandon tablet technology forever.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
98.91¢ (+0.02¢)

TSX
12,529.55 (-59.54)

OIL
\$95.17 US (-87¢)

GOLD
\$1,434.30 US (-\$2.30)

Natural gas: \$3.94 US (+3¢)
Dow Jones: 15,091.68 (-26.81)

H&M supports Bangladesh factory safety accord



Passersby are shown outside the new Oxford Circus H&M flagship store in London, England in March. The retailer has agreed to support a new workplace safety plan in Bangladesh following the collapse of a garment factory building. GETTY IMAGES FILE

Swedish fashion retailer H&M said Monday that it will sign up to a legally binding fire and building safety plan drawn up by unions in Bangladesh, following the deaths of hundreds of garment workers in a building collapse there last month.

The company described safety issues as "extremely important," saying that it supports the Accord on Fire and Building Safety in Bangladesh, initiated by IndustriALL Global Union.

"The parties will be committed to the goal of a safe and sustainable Bangladeshi

Ready Made Garment industry in which no worker needs to fear fires, building collapses or other accidents that could be prevented with reasonable health and safety measures," H&M said in a press release.

Forty garment buyers, including Walmart, H&M and J.C. Penney, met with labour rights groups on April 29 in Germany to discuss how to improve safety conditions in Bangladesh, with labour groups setting Wednesday as the deadline for companies to commit to the plan. THE ASSOCIATED PRESS

Survivor renounces garment work



Reshma Begum
THE ASSOCIATED PRESS

Monday that she will never again work in a Bangladesh garment factory.

- Reshma Begum, the 19-year-old seamstress who spent 17 days trapped in the rubble of a collapsed factory building said
- She was pulled in remarkably good shape from the wreckage of the eight-story Rana Plaza building on Friday. Stunned rescue workers were drawn to the wide pocket under the rubble where she had taken refuge when they heard her banging on a pipe. The search for bodies ended Monday with a toll of 1,127 dead. THE ASSOCIATED PRESS

Thailand. Starbucks eyes further expansion in Asia

Starbucks CEO Howard Schultz said Monday the coffee chain's first stores in India and Vietnam have been received positively and it might soon be time to give Myanmar a shot too.

"Within the next couple of years, I'd say," said Schultz of plans to enter Myanmar. His visit to Bangkok this week coincides with the coffee giant's 15 year anniversary of opening in Thailand.

Starbucks opened its first Vietnam store in February and its first store in India last year. Myanmar is attracting interest



Starbucks CEO Howard Schultz poses before a news conference in Bangkok on Monday. THE ASSOCIATED PRESS

from foreign companies and investors after reforms that have resulted in the European Union dropping sanctions against the country and the U.S. easing them. THE ASSOCIATED PRESS

Apocalypse soonish

Doomsaying radio network could meet its maker

The end may be near for a California evangelical radio network used by a preacher to predict the apocalypse, the Contra Costa Times has reported. Family Radio has sold its three largest radio stations, and tax records show the non-profit network saw its net assets drop to \$29.2 million US by the end of 2011, down from \$135 million four years earlier. THE ASSOCIATED PRESS

Adulterated drugs

Subsidiary of Indian drug maker to pay \$500M fine

A subsidiary of India's largest drug company has agreed to pay \$500 million US in fines and civil penalties for selling adulterated drugs and lying about tests of the medications to federal regulators, the U.S. Justice Department said Monday. Ranbaxy USA admitted it made and sold impure drugs at two manufacturing sites in India. THE ASSOCIATED PRESS

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metro

10

VOICES

metronews.ca
Tuesday, May 14, 2013

YOUR SNEEZE HAS A SILVER LINING

From the cherry blossom trees lining the streets of Vancouver to Ottawa's brightly coloured tulips, the country is truly in bloom. Unfortunately for some of us, the pleasures of springtime are obstructed from view as we spend most of the season with our faces buried in a handful of tissue.

Seasonal allergies aren't exactly a high-profile disease; there's no colourful ribbon campaign for hay fever and no celebrity spokesperson to offer tips on overcoming itching, watering eyes. Telling someone you have allergies usually garners the same amount of sympathy as mentioning you have a nasty paper cut. And yet, for a few weeks of the year allergies are so much more than a minor annoyance — they are a totally life-ruining experience.

Thirty per cent of Canadians test positive to one or more allergens, which means there are plenty of us loading up on a potent cocktail of antihistamines, eye drops and triple-shot lattes just to



SHE SAYS

Jessica Napier
metronews.ca

make it out the door in the morning. Record-breaking precipitation throughout the winter and high levels of carbon dioxide in the air are nurturing pollen-producing trees and plants across the country. Increased moisture and delayed springtime temperatures have caused airborne pollen counts to skyrocket, which is making this allergy season (like every one before) feel like the Worst. Year. Ever.

My annual springtime ritual involves book-marking the Weather Network's online pollen forecast, barricading my apartment windows and waiting desperately for the heat of summer to arrive. I occasionally leave my cocoon of isolation to trek to the drugstore, where I spend obscene amounts of money on antihistamines

in the hopes that maybe this year someone has developed a new formula that actually works. Over-the-counter medications are costly and usually ineffective but I won't deny that I enjoy the sedating and mildly addictive feelings of drowsiness that come

with a heavy dose of nighttime medication.

But could there be a silver lining to these weeks of allergy-related anguish?

Some scientists purport that allergic reactions have evolved over the years as a way for our bodies to expel germs, carcinogens and other harmful toxins. The symptoms of typical pollen allergies — repetitious sneezing, runny noses and the unrelenting sensation of wanting to claw your eyes out — might actually be the body's way of protecting itself against potentially mutation-causing environmental contaminants. Numerous studies have linked allergy sufferers to reduced rates of various types of cancer — including ovarian, lung, skin, throat and intestinal cancers.

A sensitive body that's constantly on the defensive might not be such a bad thing. Despite our weak exteriors, those of us made miserable by seasonal allergies are actually stronger in some ways than the average person — even if a bunch of brightly coloured flowers can reduce us to a teary, snivelling mess.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

A fish's final moment



DR. ANDREW LEE/SOLENT NEWS

I'm going to bite you now

This cormorant bird does its own fishing by waiting patiently before pouncing to catch a rainbow trout in its bill.

The two animals even appear to look each other straight in the eye before the bird enjoys its lunch. Amateur photographer Andrew Lee captured this moment at El Dorado Regional Park in Long

Beach, Calif.

The photographer recalls the bittersweet moment when he captured this unique image of the natural world.

"I felt a little sad for the fish, but I took comfort in knowing that I would be able to tell a story of the fish's final moment," says Lee.

"I hope that the photograph shows the viewer the daily struggle of the hunter and the hunted." **METRO**

Lunch

"It happened in a split second. The bird was able to grab the trout before the fish disappeared into the lake. I was surprised with how big the fish was and wondered if the bird would be able to swallow it — and it did."

Andrew Lee, pricing and portfolio manager and amateur photographer, from Irvine, Calif.

Click bait



ANDREW FIFIELD
andrew.fifield@metronews.ca

The first round of the Stanley Cup playoffs is behind us, making this the perfect day to subscribe to some puck-talk podcasts for fearless playoff predictions that you can later mock when they turn out to be horribly wrong.

Marek vs. Wyshynski

Anchored by the absurd enthusiasm of Greg Wyshynski and the absurdly encyclopedic knowledge of Jeff Marek, and buoyed by regular features like Game Show Friday, MvsW manages to keep a metric ton of hockey talk fairly breezy.

Backhand Shelf

The audio arm of The Score's hockey blog tends to the stats-heavy side of things, which is always a fun way to confirm your own biases.

Tim And Sid

OK, so this one is cheating since it's not strictly hockey and it's not at all a podcast. But downloading this Toronto duo's afternoon radio show is easily the funniest way to prepare yourself for emergency sports conversations. Give yourself a week to acclimate to the inside jokes.



Comments

RE: Hard Drugs Offer Hope In Mental Health Crises, published May 9

Speaking as someone who works in harm reduction, calling mushrooms, LSD, and MDMA 'hard' drugs is pretty laughable.

I had a very interesting conversation with one of the foremost drug policy experts in the world on exactly this subject — the war on drugs is preventing us from pursuing therapies that offer real hope to countless people who suffer horribly from mental illness.

Cameron Reid posted to metronews.ca

I'm guessing it would be a limited use type of thing, surely no one would want to be off the planet constantly, but if they can take the good and leave the bad and come back with a new perspective on their problems then maybe that is all that is needed for people to move forward.

Why on Earth are mushrooms hard drugs? Isn't it a natural medicine that has been used for thousands of years?

Patrick Cameron posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

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Tuesday, May 14, 2013

SCENE

11

The future of television

Power to the people.

You, the consumer and producer, are in the driver's seat as the entertainment industry shifts gears

ELISABETH
BRAW

Metro World News

Watching shows on your tablet while your TV set is collecting dust? Producing short videos yourself? You're not alone.

Entertainment is changing so rapidly that TV may soon be passé. Netflix has its own TV show (online). Amazon is planning to launch online entertainment. YouTube already has over one billion clicks per month and is rumoured to be planning the launch of a subscription service for several top channels.

"People are still watching as much TV as they used to, but they're also migrating to niche entertainment," explains Aymar Jean Christian, a professor of media, technology and society at Northwestern University in Illinois. "People like content that's geared toward them. For example, there's no TV show for gamers because they're a niche audience, but on the Internet there are show channels geared toward them."

And we're migrating to smaller devices, too. "Entertainment is expanding from laptops and tablets to phones," observes Alexander Halavais, president of the Association of Internet Re-



More people are tossing their remotes and reaching for their tablets. ISTOCK

searchers. "You can already watch full-length movies on your phone. But most people don't, so this has created a new genre: something between movie and still images."

The Vine and Keek apps allow users to make six-second videos by splicing together several images.

Smartphones with their built-in cameras, which can be directed toward the user more easily than cameras, will accelerate the citizen-producer boom. This me-focused, self-produced entertainment for niche audience is chipping at the near-monopoly of professionally made shows for a general public.

Notes Halavais: "People are at an event, capture the

event with their camera phones and then turn the camera to themselves to show their reaction. You could say, 'Why would it be interesting to see people's reaction to an event?' but that's the same thing many of us said when Twitter was born..."

Viewers are becoming involved with TV shows, too, submitting plot ideas and even funding films, as was the case with the Veronica Mars movie. And there will always be a niche for professionally-made shows, observes Prof. Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University: "Many of my students don't even have a TV set in their homes — they watch shows online."

Quoted

"People are still watching as much TV as they used to, but they're also migrating to niche entertainment."

Northwestern University professor
Aymar Jean Christian

But TV isn't dead just because the distribution has changed. Sometimes you don't want shows that have been produced by people like yourself. The Sopranos was definitely not created by viewers!"

ON WEDNESDAY METRO TALKS TO YOUTUBE BOSS ROBERT KYNCL ABOUT THE FUTURE OF ENTERTAINMENT.

Sports. Online streaming embraced by legit sites

Every week, millions of people enjoy live sports on their favorite screen — and don't pay a dime for it. That's because thousands of websites, often hosted in countries with a weak rule of law, illegally stream sports events. Teams and legal TV and web channels aggressively go after the websites: Britain's Premier League reports shutting down more than 30,000 sites last season.

But as soon as one website is shut down, another one pops up. And viewers don't seem

to mind the shows' often inferior broadcast quality: after all, they pay nothing. Now sports channel ESPN has embraced the trend, offering free streams on its website.

MWN



Netflix series. Old product, new delivery

House of Cards, Netflix's hit drama series, is streamed online, but with its traditional structure, it looks just like prime-time TV fare. This is the entertainment of the future. The show is based on consumer input. "Netflix chose Kevin Spacey for the lead role because they had surveyed their viewers and knew that he was popular," says Prof. Aymar Jean Christian, of Northwestern University.

"They monitor how we watch, when we pause a film, which episodes we watch," says Chuck Tryon, author of new book On-Demand Culture: Digital Delivery and the Future



Kevin Spacey was chosen for House of Cards because he appealed to viewers. HANDOUT

of Movies. "It has the potential of serving as a test-screening."

MWN

Three companies to watch

These companies are pushing the boundaries of entertainment. Are you using their services and apps yet?

- **Twitch:** Online gaming ESPN-style. On the platform Twitch, more than 30 million users every month play electronic games — but they also broadcast their own games and instant message with each other. Imagine TV sports channel ESPN combined with gaming and social media. "This is really entertainment," explains co-founder Emmett Shear, 29. "And it's as much social media. On any given day, over two million users exchange chat messages."
- **Earbits:** Spotify for garage bands. Say you're a new band, you can't afford to advertise or pay for an agent. There's an app for that — Earbits, a platform for music artists. "Consumers can find new music and the industry can find customers," CEO/founder Joey Flores tells Metro. "Users share things and follow bands from the platform."

- **Vine & Keek:** Top sites for social videos. Social video is the new Twitter. Indeed, Twitter has its own social video app, Vine, and Toronto-based Keek gets 3.2 billion page views each month. "Social video is more useful than Twitter because you really get to see people's lives," Keek founder and CEO Isaac Raichyk tells Metro. "Our videos are 36 seconds for a reason: you can tell a story about yourself, and still it's short enough that people want to watch." (These vids have a name, too: keeks.)



2 SCENE



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SCENE

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Goodbye Town, hello platinum single

Dave Haywood. After major successes on previous discs, the country ballad band is claiming to be less forced on Golden

If Lady Antebellum has yet to have another hit to match the spectacular success of its smouldering 2010 ballad *Need You Now* — a six-times-platinum single that elicited five Grammy Awards, including song and record of the year — it hasn't necessarily been for lack of trying.

To hear Haywood tell it, Lady Antebellum has never been less forced than on their new album, *Golden*, out today, after *Need You Now* and 2011's Grammy-winning *Own the Night* explored sweeping, meticulously orchestrated country ballads.

This is the first Lady Antebellum record that doesn't feature orchestral strings. Why did you make that



Lady Antebellum's Dave Haywood, left, Charles Kelley and Hillary Scott, have had to get used to their recent fame. DONN JONES/THE ASSOCIATED PRESS

choice? We've kind of done some more serious songs on the last few records and always done strings and these big arrangements, big overdubs. And yeah, this one we said, "You know what? Let's get in,

play these dang songs, and get out." We really just didn't spend much time adding a bunch of stuff. It's not like we're in there adding like thousands of guitars all over and adding all these extra things. So for us it's all about

the songs — finding a great song and finding a great arrangement that fits that song.

Goodbye Town is one of the more emotional songs on the record. What's it about? Growing up in a small town,

An escape plan

"Growing up in a small town, sometimes you're kind of stuck in that town. And it's like, man, what am I going to do to get out of here?"

Dave Haywood
Talking about the song *Goodbye Town*

sometimes you're kind of stuck in that town. And it's like, man, what am I going to do to get out of here? Whether or not you had a relationship there, places you go remind you of somebody and it's like: I gotta just get the heck out of this place. I think that was something we all reached down and felt like we've experienced. Musically I think it really conveys that. There's this kind of energy throughout the song where it's just, man, I want to get the hell out of here. I think that was one of our favourites to include on the record.

The band's profile has obviously grown a lot over the years. How have you handled that evolution as a group?

It's definitely been a whirl-

wind. When we started, it all happened organically. We started off just writing together because we loved writing music and we still do to this day. I think a lot of people from the outside looking in say: "Didn't y'all just get put together and you got thrown out there, and didn't the record label pick all these songs?" That's really not the case here at all. We wrote all these songs and we said, let's try writing them for fun, let's just get a crazy name and do this for fun and then we'll go back to our other day jobs. It'll be a side project. Having that mentality from day one, I feel we've always kept and tried to preserve how authentic we began, and we don't want to lose sight of that.

THE ASSOCIATED PRESS



Nick Lachey will reunite with 98 Degrees for a summer tour. GETTY IMAGES

Family takes centre stage for this summer's 98 Degrees tour

Q&A. Nick Lachey talks Package tour, lullabies and diapers

MEREDITH ENGEL
Metro World News in NYC

With his new Fisher-Price CD *A Father's Lullaby*, Nick Lachey found a way to combine two of his greatest loves: music and his son, Camden.

But his latest solo project and his 8-month-old baby aren't the only projects keeping him busy these days: he's also readying for a summer tour with the reunited 98 Degrees, with Boyz II Men and New Kids on the Block for an arena tour appropriately dubbed *The Package*.

On top of that, 98 Degrees have just released a new album, their first in more than a decade. We caught up with Lachey before he started rehearsals

for the summer shows.

We hear you're gonna bring Camden on the road with you this summer.

I am, yeah. I don't wanna miss anything. He changes so much and I don't wanna miss a moment, so selfishly I'm gonna bring him on the road. We're all gonna tour as a family. (My brother) Drew and I are gonna share a bus. My family will be out for a while and his family will come out for a while. The cool thing about doing it with the group again is that we're at different times in our lives. We get to share it now with our families and with our kids, which is cool.

With all those babies, is it gonna be a gigantic kid-friendly party on the bus?

Well, between the three bands on this tour we have about 30 kids combined. There's gonna be quite a few kids and quite a few nannies running around.

When you reunited with the group, was it easy to pick up where you guys left off? It all kind of felt like it just fell back into place. It was really natural and it almost seemed like it was yesterday. That felt good. It's been a lot of fun, and as long as we're having fun, the rest of it is easy.

You guys will be dancing, we hope.

We will be dancing. Some people call it dancing. Other people may call it convulsing. The music's changed a lot over the course of the last 12 years. With this new album, I think we've done a good job of changing with the times, but also staying true to who we are. It's a lot more up-tempo stuff on this record because that's kind of where music's at, but we're excited to introduce everybody to it and we're excited for people to hear the record.

So kids' music is not the

final be-all, end-all of Nick Lachey's career?

(Laughs) If that were gonna be the case, I'd be fine with that. I loved making that record, but no. It's cool to be able to do different things. The lullaby project was very different from the 98 Degrees project and very different from other solo projects. Each one has their own vibe and their own process and they're all fun in their own right.

Did you and your fellow bandmates keep in touch while you were on your hiatus?

Oh yeah, we talked all the time and we saw each other quite a few times. I saw Justin a lot more because both of us live in Cincinnati. We all remain very good friends. As far as the reunion goes, we always kept the door open on that. (With) timing and fitting everyone's schedules, I think now is the time that makes the most sense.



Selena Gomez and Justin Bieber

Scoop her up: Looks like Gomez is back in the game

This is getting difficult to keep track of. Apparently things are off again for on-again, off-again couple Justin Bieber and Selena Gomez — at least according to Gomez. When asked by a DJ at Boston's Kiss 108 during an interview if she's be available should a boy stop her on the street and ask her to grab some ice cream,

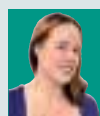
she replied, "Yep!" She gave another "yep" when the DJ clarified, "You're completely available in every way?" Not only that, but apparently the ice cream approach is a good idea: "By the way, that would be awesome if someone asked if I wanted ice cream because that would be cool," Gomez said.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Just a single baby? Will Beyoncé be touring with bun-two in the oven?



THE
WORD
Dorothy Robinson
scene@metronews.ca

Everyone! Listen up: The New York Post is citing multiple sources that Beyoncé and her husband Jay-Z are expecting their second child. Their reps are not responding to calls for clarification.

Here's why this is dubious: Beyoncé is in the middle of a giant world tour blockbuster extravaganza; millions and millions are on the line. The Mrs. Carter Show World Tour ends Aug. 5 in Brooklyn. People love Beyoncé but people shell out major bucks for tickets to see Beyoncé doing her thing and getting all Sasha Fierce on stage.

Not a pregnant Beyoncé having to sit in a chair while on stage, which is the exact opposite of Sasha Fierce. That is Sasha Convalescence.

But, of course, she could strut through it bump and all as if we haven't figured it out by now, Beyoncé exists to make us all feel terrible about ourselves.

A reason to revive your cable: Jack is back

Jack Bauer is set to have another pretty terrible day, as Fox's real-time action series 24 will return next year with a limited-run, 12-episode series, 24: Live Another Day, the network announced this week. Series star Kiefer Sutherland will return as anti-terrorism agent Jack Bauer, whom he played for eight seasons until the show wrapped up in 2010. For this new, condensed version, the 12 one-hour episodes

will cover another 24-hour period in Bauer's life.

"The response to 24 is unlike anything I have ever experienced as an actor before," says Sutherland. "To have the chance to reunite with the character, Jack Bauer, is like finding a lost friend. The story ideas from Howard Gordon are exciting and fresh and will not disappoint."

NED EHRBAR, MWN IN HOLLYWOOD

Twitter



@rustyrocks
Uncomplicated relationship with narcissistic freeloader who's scratching himself on my belly



@MARLONWAYANS
I have a lot of fun chilling with ME. I'm a lot of fun. Some people need company... I just need me. #iloveyoume



@WhitneyCummings
You guys, "selfie" is a word now that we just use like its okay or something

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JILLIANMICHAELS.com

EMPOWERED
MEDIA

Hang loose and get ripped

Fitness. Founder of The People's Bootcamp gave us a sneak peak of his new workout, based on the beach bum lifestyle, called WaveShape

MEREDITH ENGL
Metro World News

Those surfers you see killin' it on the waves? They weren't born with that ripped bod. All of that paddling and popping up and down in the water "creates that long, lean physique," says celebrity fitness trainer Adam Rosante, the founder of The People's Bootcamp. He created a new workout called WaveShape to help you get the surfer's body of your dreams.

Rosante's workout is based in a framework he dubs "power intervals," which improve endurance. The moves are done over a series of 30 seconds, so you can focus on form, not reps. You can learn the full series (12 moves) when it launches June 1 as a free online community with video at getinwaveshape.com. Rosante gave us a sneak peak at five of the moves that'll get your body in surf shape.

Step 1

Leg Rippers

Stand with feet slightly wider than hip width apart. Interlace your fingers and raise your hands over your right shoulder. Brace your core, open your chest and pull your shoulders down your back. Step out to the left into a side lunge, be sure to push the hips back and keep the left knee behind the toes, as you bring your hands down diagonally across your body to the outside of your left foot. Return to centre, raising the



left knee high as you explosively jump off the right foot. Land softly. Repeat on the left side for the full 30 seconds, then switch and perform the move with hands over the left shoulder, stepping out to the right.

Step 2

Agility Jumps

Stand with feet slightly wider than hip width apart. Brace the core as you bend the knees into a low squat, arms extended behind the back for stability. Pause only briefly at the bottom of the movement and explosively jump up and forward over an imaginary line far out in front of you. Land softly, pushing the hips back to absorb the impact, and immediately jump backward to land in the starting position. Repeat the jump, this



time turning the body mid-air to land 180 degrees in the opposite direction. Once again, repeat the 180 jump to land softly back at the starting position. That's one rep. Continue repeating.

Step 3

Tap Dogs

Assume a push-up position with wrists directly under shoulders. Tap the left shoulder with right fingertips and return the hand to the floor. Tap the right shoulder with the left fingertips and return the hand to the floor. Perform a pushup. At the top of the motion, brace the core as you extend the right arm and left leg until they are parallel to the floor. Lower the arm and leg. Now extend the left arm and right leg until



parallel to the floor. Lower the arm and leg. That's one rep. Repeat.

Step 4

Surfies

Begin in a squat position with your hands on the floor, wrists positioned under your shoulders. Kick your feet back to a plank position. Immediately shoot the feet forward, twisting your torso and lower half so that you land facing left. Stand tall as you open the chest and squeeze the core and glutes. Twist back down to the right to place hands back in the starting position and kick the feet back to



the starting position. You should be right where you started at the top of a plank position. Repeat, this time twisting to the right. Continue alternating sides. As you perform the move, you should look like a surfer popping up on a board.

Step 5

High-Lows

Assume a push-up position with wrists directly below the shoulders. Slowly lower the left forearm to the floor, elbow directly below the shoulder, and then the right forearm. Return, one hand at a time, to the top of a push-up position. Continue lowering and raising.



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Ontario



Balance sweet mangoes with staple Mediterranean flavours



This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

My favourite salads are those combining fruit, an intense cheese and a sweet vinegar dressing — like this one.

Mangoes contain an abundance of beta carotene and antioxidants, which are thought to prevent disease. You can substitute ripe pears, peaches, strawberries or blueberries (also an antioxidant) for the mango.

1. Toss greens, endive, radic-

Ingredients

- 4 cups torn, mixed salad greens
- 1 Belgian endive, sliced
- 1 small head radicchio, torn
- 1 1/2 cups diced ripe mango
- 1/3 cup light feta cheese, crumbled
- 1/3 cup sliced black olives
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp liquid honey
- 2 tsp sesame oil
- 1 tsp minced fresh garlic

Nutritional analysis

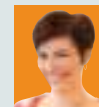
155 calories, 3.3 g protein, 9.1 g fat, 1.7 g saturated fat, 15 g carbohydrates, 3.4 mg cholesterol, 210 mg sodium, 2.4 g fibre

chio, mango, cheese and olives together in a bowl.

2. Whisk vinegar, olive oil, honey, sesame oil and garlic together in a bowl. Pour over the salad and toss to coat. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

Chivejive



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Even before the crocuses and bluebells in my garden, the chives started pushing through the yet to be removed dead leaves of last fall. The great part about chives is that they can be trimmed at this early stage and keep you in oniony snips right through fall.

Chives contain allicin, which can lower cholesterol and blood pressure. They are also high in antioxidants and are believed to be anti-fungal. With all that going for them, it is a shame we only sprinkle a little on a baked potato once in a while.

Try this:

- In a blender, blend one cup of extra virgin olive oil, half a cup chopped chives, juice of

half a lemon, pinch of salt and a teaspoon of honey. Use as a drizzle for grilled fish or chicken.

- Mince chives and add to pancake batter to create a savoury side dish.

- Add to scrambled eggs.

- Blend into softened butter and freeze in teaspoonfuls, top a sizzling steak with a dollop.

- Chop and freeze in ice cube trays to add to dips, dishes and dressings.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Lunch. Quinoa, Spinach & Shiitake Salad



This recipe serves six. NEWS CANADA

1. In saucepan, bring chicken broth to a boil. Stir in quinoa and contents of seasoning pouch. Reduce heat to low, cover and simmer 15 minutes or until tender. Remove from heat; let stand, covered, for 5 minutes. Fluff with a fork.

2. In frying pan, heat oil over medium heat; cook shallots and red pepper for 4 to 6 minutes, stirring occasionally, or until lightly golden and softened. Stir in mushrooms; cook, stirring occasionally, for 8 minutes or until mushrooms have released juices and starting to turn golden. Add vinegar; cook, stirring to

bring up browned bits, for 1 minute. Stir in spinach; cook, stirring, for 2 minutes or just until wilted. Stir in salt and pepper. Remove from heat.

Ingredients

- 2 cups (500 ml) chicken broth
- 1 pkg (225 g) PC Organics Roasted Garlic and Fine Herbs Quinoa
- 2 tbsp (25 ml) olive oil
- 1/2 cup (125 ml) thinly sliced shallots
- 1/2 cup (125 ml) finely chopped sweet red pepper
- 6 oz (180 g) shiitake mushrooms, stems discarded and caps thinly sliced
- 3 tbsp (45 ml) red wine vinegar
- 1 pkg (142 g) baby spinach
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 1/4 cup (50 ml) crumbled feta cheese

3. In large bowl, toss quinoa with warm spinach mixture. Serve sprinkled with feta.

NEWS CANADA/PC.CA

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Two perspectives of a major milestone: high school graduation

Cap and gown. A mother and daughter share their thoughts ahead of the big day

**THERESA ALBERT
AND JAMESON RATCHFORD**
life@metronews.ca

Mom says:

It's the anticipation of the emptiness that is the worst. Will the whole day fall apart when she is isn't home for dinner?

For 18 years the structure of our home and our lives has revolved around her. From night feeding to after school programs and daycare and, later, to dance class and dates. Whether she knew it or not, our entire process ebbed and flowed with what she needed. The communication between mom and dad needed to happen for her benefit. Now that it is just two capable adults, who will be home for dinner? Who will make it? Who will care?

Suddenly the music blaring from the bathroom during her morning shower doesn't annoy me at all. So what if I can't think enough to work? I stop and realize that this joyful noise will soon be silence.

Her backpack, boots, dishes, books, scarves and dance clothes clutter my hallway. I bend to pick them up loving-

ly now, not resentfully.

I can pass by her room and look at the teen mess and smell the waft of one too many hair, face and body products and not feel like gagging. I choke back the tears instead. I go in and breathe deeply.

Time won't stop barreling down on us but I can stop the moment from flying away by appreciating it for all its beauty.

What saves me from crying is the knowledge that she isn't really going anywhere.

She is growing her life and she will bring it back home twofold. New friends and their noise, dirty plates and laughter will join. New books and ideas will inspire as they are being learned by her. She may meet her life partner and the group will grow, not shrink. That is all that has ever been asked of her — keep growing. The day to day may change, but the big picture remains the same.

Daughter says:

For a while, I was thinking about graduation as just a day, a few hours before the rest of my life.

Until recently, when I realized that graduation and its status as a rite of passage has lost its grandeur. Graduation is a full stage in our lives because the series of events that lead up to it



Jameson Ratchford, left, with mom Theresa Albert. PROVIDED PHOTO

and the events that follow can define us.

To our cohorts we can be known for the post secondary school we have chosen to attend after the comfortable confines of our high school. To our neighbours who watched us grow and who trust us with their kids on date night, we can become known as a teen who speeds up the street in their parent's minivan or the kid who shovels every day for those who can't in the winter, or both. To our closest friends, nothing really changes apart from the sudden onslaught of a sense of

"never enough time."

Most importantly, to our parents, we are no longer the loud morning shower music, the stray socks and boots in the hall to trip over or the slamming doors. We become "remember whens," pickers on a money orchard and fleeting moments.

The cap and gown fever may only last a few hours but our memories of this time simply can't be forgotten.

THERESA ALBERT IS A REGULAR CONTRIBUTOR TO METRO AND HER DAUGHTER, JAMESON RATCHFORD, HAS CHOSEN GUELPH UNIVERSITY TO ATTEND IN THE FALL. SNIFF/YAY!

A memoir

Some Confessions of a Fairy's Daughter

Writer Alison Wearing was 12 when she learned her father was gay. She was sitting in her family kitchen in Peterborough, Ont., when her mother, who was unloading the dishwasher, broke the news to her.

It was a bombshell that had only dropped on her mother just a few months prior, when she found a love letter her husband had written to a man he was having an affair with — on their son's ninth birthday.

"My dad had been on sabbatical in Germany and he had come back and he was just sort of (acting) funny and she said he was preoccupied with this letter," the author of the newly released memoir *Confessions of a Fairy's Daughter* said in a recent interview.

"He was sitting outside in the backyard just writing this letter, writing frantically, and after he went out, she went and found the letter and that's how she found out."

As *Confessions of a Fairy's Daughter: Growing Up with a Gay Dad* explains, Wearing understands why her father had to deceive them. After all, it was 1980 and homosexuality was still taboo. Coming out could have meant he would never see his three children again.

"(Mom) would have had legal support for that position at that time, so I can understand him (thinking), 'Maybe tomorrow, or maybe next week I'll tell her. Maybe once I get back from sabbatical,'" said Wearing, who lives in Strat-



Alison Wearing.

GEOFF ROBINS/THE CANADIAN PRESS/HANDOUT

ford, Ont.

"I can understand why that just never happened for him. He never found the right time."

Wearing writes in a poetic, humorous and heartfelt style about her now-77-year-old dad Joe, her family and herself. She changed most of the names in the book for privacy reasons.

Her mom was a marathon runner and concert pianist while her dad was a professor of political science who loved to cook, garden and conduct choirs. He was also a devoted Liberal and big fan of Pierre Trudeau, who — as Wearing touches on in the book — befriended her in the last 10 years of his life.

Wearing's parents had great respect for each other and never fought.

She and her brothers felt everything was fine between them, even when their dad began spending more time away from home.

"The thing is, my dad wasn't miserable at home," said Wearing, whose first book was the travel memoir *Honeymoon in Purdah: An Iranian Journey*.

"We had a pretty great life. We had a lot of fun and there was a lot of love in my family. It just wasn't the traditional heterosexual kind of love."

THE CANADIAN PRESS



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It could be a hot stock summer ... or not

Alison on money.

Thinking about selling your stocks and getting back in the market in November?



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's May, so is it time to sell and go away until St. Leger Day? That's the old stock market saying. St. Leger Day, by the way, was the last British horse racing event of the season in mid-September. Presumably, stock market traders then got back to work after betting on the ponies all summer.

On average, late spring to Halloween contains the two worst months for the stock market, September and October and the most volatile month, May.

Market timers often try to get ahead of this trend by selling out in May and getting

Up and down May

May has been an up month for stocks 35 times since 1950 and a down month 28 times.



Market timing doesn't always work out. Will this be a summer from hell? ISTOCK IMAGES

back in before the stronger markets of November to April.

This is especially true after stocks have soared, as they have done since the sag of November 2012.

The Dow Jones and the S&P 500 have hit record highs. The Canadian market, now under 13,000, is well off its 2008 high of 15,073, but it has started to find its legs.

These numbers make investors nervous that the end is nigh. Previous busts such as the financial collapse of 2008 underscore the fact that good times don't last forever.

The trouble is, we investors tend to be lousy when it comes to market timing, seasonal or otherwise.

Who knows if this will be a summer from hell? But there is one way to protect yourself should it come to pass.

Look at your investment statement (or ask your advisor) to determine what percentage you have in equities. It has likely risen significantly over the past couple of years.

That means it's time to prune equity investments or devote new money (RRSP contributions, for example) to fixed income. The latter is

much easier to do than the former.

We humans hate to sell something that is going up.

However, if you want 50 per cent in equities for your RRSP and it is now sitting at 70 per cent or more, you are exposing yourself to risk.

Remember, stock market declines usually happen too quickly for regular investing folk to react. So be proactive, even if it means missing out on a hot stock summer.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Digital assets

Protecting your digital footprint

What happens to your digital assets when you die?

The management of virtual estates, including online properties such as email accounts, blogs, social media accounts and other web-based services, is a new and emerging field of law.

In Canada, there are currently no specific laws related to virtual estates. There are some consumer protection laws that could be applied.

It may seem daunting to map out your digital footprint (especially if you are a heavy e-commerce or social media user).

A few practical questions can help you get started and ensure your online property is protected:

- Which types of digital assets do you possess?

Virtual assets can be divided into three categories: First, accounts with virtual property such as music, movies and photos; second, accounts with real currency such as online bank accounts, online payment tools, and paid music downloads or video streaming services; and third, accounts with personal information such as social media sites and online gaming accounts.

- Where are your accounts located? Create a list of all of the online accounts you hold.

- How can an executor or estate trustee access your ac-



If you have a strong digital presence, consider choosing an executor who is comfortable with technology. ISTOCK IMAGES

counts?

"It is important to save information about your virtual estate in a way that can be safely and securely passed on to an executor or estate trustee when that time comes," says Ray Leclair, vice-president of public affairs at LAWPRO.

"A lawyer can advise on strategies to manage and pass on your online properties."

When choosing an estate trustee or executor, it might be in your best interest to choose someone who is comfortable with technology — especially if you have an extensive digital presence such as a small e-business or a blog that generates income.

Be sure to provide detailed instructions for your executor on how you want these assets dealt with.

Speaking with a lawyer about your digital assets and having these items included in your will or power of attorney documents can help simplify the potentially complex and confusing transfer of your virtual estate, and also help to safeguard your digital legacy. NEWS CANADA



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*Based on \$12,000 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



Ottawa Senators coach Paul MacLean goes over strategy during team practice in Ottawa on Sunday. The Senators will face the Pittsburgh Penguins in the second round of the playoffs. FRED CHARTRAND/THE CANADIAN PRESS

Underdog Sens look to erase mighty Pens

NHL playoffs. Ottawa team full of confidence heading into second-round series against top seed in East

The Ottawa Senators have proven they can get results as an underdog. They have overcome long odds this season and are coming off an impressive series victory over Montreal.

The next challenge is a big one but the Senators are ready and loaded with confidence.

Ottawa will face the top-

seeded Penguins in the Eastern Conference semifinal beginning Tuesday night in Pittsburgh. The Senators, who knocked off the second-seeded Canadiens in five games, will need a strong team effort and solid goaltending to compete with the Atlantic Division champions.

"I'm sure everyone's writing us off to lose this round, I'm assuming," said Marc Methot. "It's an opportunity for us to prove a lot of people wrong and see if we can create an upset."

Pittsburgh is loaded with star players, but the one area the Senators may have an advantage is in goal. Craig Ander-

son was clearly the difference for Ottawa in the first round and he'll be counted on again against the Pens.

The Senators have also displayed an offensive spark of late along with a willingness to get physical.

"Once you're here you don't think anything is impossible and we believe that," said Ottawa captain Daniel Alfredsson. "We think we can give a Pittsburgh team a tough run and even win this series. We also respect them and their abilities and what they've shown this year and it's going to take an effort from everybody to have a chance." **THE CANADIAN PRESS**

Star-laden team

Star forwards Sidney Crosby, Evgeni Malkin and Jarome Iginla lead a deep Pittsburgh lineup that's coming off a six-game win over the New York Islanders. The Senators will need to contain that explosive offense if they have any hope of keeping the series close.

- The Penguins have the best power play of all playoff teams with a success rate of 33.3 per cent.

NFL

Nix steps down as GM of Bills

Not getting any younger and confident he's put in place a young foundation capable of turning the Buffalo Bills into a winner, Buddy Nix called this the right time to step down as general manager on Monday.

"I think at some point, you've got to step aside and let young guys that are qualified have their shot," Nix said during a hastily called news conference shortly after Bills completed a voluntary mini-camp practice.

The 73-year-old Nix will not be leaving the team entirely. He'll instead move into a newly created role as a special assistant.

Though the Bills did not immediately announce Nix's replacement, the team has spent much of the past year grooming assistant GM Doug Whaley to succeed Nix.

THE ASSOCIATED PRESS

NHL

Finalists for GM of the year announced

Marc Bergevin of the Montreal Canadiens, Bob Murray of the Anaheim Ducks and Ray Shero of the Pittsburgh Penguins were named Monday as first-time finalists to be the NHL's general manager of the year.

Voting for the award was conducted among the league's 30 general managers and a panel of NHL executives, print and broadcast media. The winner will be announced during the Stanley Cup finals.

THE ASSOCIATED PRESS

Canada caps prelims with narrow win



Steven Stamkos scores Monday's winning goal against Slovenia.

JACQUES BOISSINOT/THE ASSOCIATED PRESS

A lapse of concentration in their most recent game aside, the Canadians have melded into a contending team at the IIHF World Championship on little preparation.

Canada heads into Thursday's quarter-final game with firepower on offence, an improving blue-line and goaltending capable of getting wins.

The quarter-final has been Canada's stumbling block in this tournament with losses in the last three consecutive years.

"We realize that," forward Steven Stamkos said. "The last three years, I think, have been early exits and it's not going to get any easier."

Canada awaits the conclusion of the preliminary round Tuesday to confirm its quarter-final opponent. Montreal Canadiens defenceman P.K. Subban was added to the team Monday and will play in the quarter-final.

A 4-3 overtime win over relegated Slovenia on Monday gave Canada 18 points from

five wins, an overtime win and a shootout loss in the round robin.

Unbeaten Switzerland was one point back with a game in hand. The Swiss need just a point Tuesday against Belarus to secure first place.

In Monday's victory, Canada was down 2-0 before Matt Duchene and Stamkos pulled Canada even.

Stamkos then scored his second goal of the game on a breakaway in overtime.

THE CANADIAN PRESS

Horoscopes

♈ Aries

March 21 - April 20

Someone is trying to get one over on you and you have every right to be annoyed, but is it worth it? There is no way they are going to succeed at cheating you so ignore them.

♉ Taurus

April 21 - May 21

There is no point blaming yourself because a project went wrong. There were so many people involved and so many factors at work that no one person was truly to blame.

♊ Gemini

May 22 - June 21

You need to pace yourself carefully now because the planets warn you are not as robust health-wise as you seem to believe. Even a go-getting Gemini needs a bit of down time occasionally.

♋ Cancer

June 22 - July 23

Whatever your highest ideal happens to be, that is what you should now be aiming for. Of course, you won't reach your goal immediately but you'll be heading in the right direction – and that's what matters.

♌ Leo

July 24 - Aug. 23

You are finding it hard to focus on one specific thing — your mind is all over the place. That's OK. There is no point trying to force your thoughts in directions they clearly don't want to go. Take the hint.

♍ Virgo

Aug. 24 - Sept. 23

If a particular method works for you then stick with it. Others may say it's old-fashioned, but so what? The more critical they are, the more you suspect it's the right choice.

♎ Libra

Sept. 24 - Oct. 23

Let your imagination roam wherever it pleases today, even if it takes you to places you may have been deliberately avoiding in recent weeks. As is so often the case, what you fear the most is unlikely to happen.

♏ Scorpio

Oct. 24 - Nov. 22

You may end up spending a large chunk of the day dealing with someone else's problem but don't think of it as time wasted. What you do for them now will be done for you later.

♐ Sagittarius

Nov. 23 - Dec. 21

Some things can be done on the spur of the moment and some things can be left until the very last minute but what you do today will require a bit more planning. Others won't do it for you, so get on with it.

♑ Capricorn

Dec. 22 - Jan. 20

You know from experience there is no point shouting or making threats. If you want something done today, you will have to do it yourself or offer something valuable in return. So, do it yourself then.

♒ Aquarius

Jan. 21 - Feb. 19

Listen carefully to what a friend tells you today, even if you have heard it many times before. They may just have the key to a problem that has been annoying you for some time.

♓ Pisces

Feb. 20 - March 20

It's not wrong to be suspicious but it is wrong to take it to unreasonable levels. Rest assured that what you hear today is in no way designed to deceive you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Swedish auto
- "The World According to ___" (1982)
- Mr. Nova (Canadian singer/guitarist)
- Hubba ___ (Gum)
- Duo plus one
- "The Ghost & Mrs. ___" (Old sitcom)
- Valley of the Kings discoveries in Egypt: 2 wds.
- Drug deal buster, for short
- Pre-lunch hrs.
- Occupied
- Magnifying glass user
- '70s night spots
- Parisian positives
- Arrest proof from a police car: 3 wds.
- WWW code
- Norse navigator Mr. Ericsson
- Locomotive tracks
- Hawaii's ___ Beach
- Poet of the Yukon, Robert ___
- Rich dollar amt.
- Lisa of "The Cosby Show"
- Fermented soybean paste
- ___ other (Without equals)
- Winnipeg-born songwriter/singer/guitarist: 2 wds.
- Actress, Lena ___
- '70s sitcom family, The ___



- Locales
- Achievement
- "Sheila": 1962 hit for Tommy ___
- ___ -Di..." (Beatles song title bit)
- What a doctor provides: 2 wds.
- Eye droplet
- City of Russia

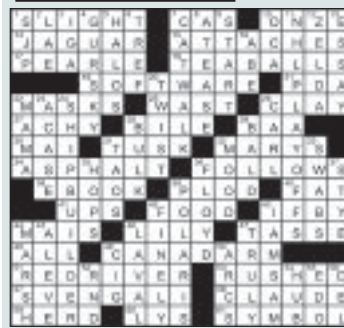
- Recommended strongly
- Inputted info [abbr.]
- Places
- "Friends" friend
- Finland, as Finns call it
- Bottomless pit
- Camel hair garment
- Movie boxer Rocky's surname

- Vintage muscle cars
- Canadian ___ (Military force)
- One bone
- Play ___ (Feign death or sleep)
- Memory loss
- Lei-wearer's party
- David Spade's "Joe ___"
- Philharmonic gr.

- Mr. Pitt
- Fight
- Book, in a Quebec library
- Gladiator's 450
- Klutzy
- Lily Munster's beloved
- ___ centre
- Softens the lights
- Tiger Woods' ex-wife
- Nobel Peace Prize city
- Official lang. of Israel
- ___ day (Train-catching frequency, often)
- British Invasion group, Manfred ___
- Fashion sense
- ___ boots
- L'île-du-Prince-___ (PEI)
- NHL's Ducks, on scoreboards
- Billy ___ (Canadian flying ace of WWII)
- Medieval king of legend
- Burdens
- Past times
- Plant's beginning

- X-mark a ballot
- Mr. Scrooge, to pals
- ___ (Line above the equator)
- Quick
- Banff National Park animals
- Land Down Under bird
- Olympics abbr. for Zagreb's land

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	6	7	4	9	1	2	3	8
4	2	8	3	5	6	7	1	9
3	9	1	8	2	7	6	4	5
8	5	9	1	3	2	4	7	6
2	7	4	5	6	8	1	9	3
6	1	3	9	7	4	5	8	2
1	8	6	2	4	9	3	5	7
9	3	2	7	1	5	8	6	4
7	4	5	6	8	3	9	2	1

		4	2	7		8		
1		2	3	8		9		
	5						3	6
4			7		2		6	8
	7			5			1	
6	2		4		3			9
2	8						9	
		9		7	6	8		4
	4		8		9	6		

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12°/8°
Cloudy

Wednesday

25°/11°
Showers
70%

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